



Newsletter

The friendly place to workout

July 2020
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FROM THE OWNERS

Hello everyone. The fitness centre is still temporarily closed and we are still anxiously waiting for the go ahead to reopen. We are maintaining the facility, keeping it clean and checking the machines regularly so everything will be ready for you when you can return.

When we do reopen, we expect that we will have to maintain social distancing. Note that the 2m/6' may not be enough as those working out usually breathe harder and could expel "droplets" further. Masks would be difficult to wear as they do restrict breathing slightly and can become quite warm. We are working on ideas to make it possible for us to reopen safely.

Meanwhile we have been doing plenty of yard work around the building. What you will see when you drive or walk by is our new flower bed at the west side of the property. There were many old shrubs that were not healthy and blocked the view when backing out of the driveway—both for us and our neighbours. There were eighteen stumps that had to be dug out. We cleaned out our area and our neighbours liked it and continued the theme on their side. We have had many folks walking by and stopping to look at the results and checking out the painted rocks.

We also groomed an area at the back to create a small patio area that is shaded. We definitely need some cooler areas to sit during this heat. We hope that you have found ways to keep cool even with public pools and buildings like the Library not being open at this time.

Looking forward to seeing everyone again. If you see us sitting out on the porch or at the back, honk and wave or stop in for a socially distanced visit. Email or call us to let us know how you are.



Until then, stay cool, keep well and stay safe.
Cathy & Larry



Congratulations to Laurie K who joined 1 year ago.

"If you hear a voice within you say 'you cannot paint,' then by all means paint and that voice will be silenced."

Vincent Van Gogh



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Evidence Based Health Tips

Eat fatty fish

Fish is a great source of high-quality protein and healthy fat. This is particularly true of fatty fish, such as salmon, which is loaded



with omega-3 fatty acids and

various other nutrients.

Studies show that people who eat the most fish have a lower risk of several conditions, including heart disease, dementia, and depression.

Don't fear Coffee

Coffee is very healthy. It's high in antioxidants, and studies have linked coffee intake to longevity and a reduced risk of type 2 diabetes, Parkinson's and Alzheimer's diseases, and numerous other illnesses. Just watch what you add to this popular drink.



DISCLAIMER

Tips published in this newsletter are derived from other sources and are neither supported or discouraged by the owners, managers, and staff of

Our Mission:

To provide a clean, safe, friendly facility for anyone wishing to improve their health through exercise.



- 10—Katherine S 23—Debbie D
- 14—Jeannette G 23—Peter T
- 19—Scott C 30—Raymond B
- 22—Sherry J

The lighter side of COVID19

2020 is actually the year of the rat.

- **We are all in hiding**
- **We only come out to get food**
- **We store the food in our homes to eat later**
- **We run away when people come close to us**



I'm either coming out of this quarantine 20 lbs lighter, chakras balanced and a house full of completed crafts OR 20 lbs heavier with a drinking problem.

I see a big baby boom coming our way in about 9 months. They will be called the C-19 babies and the number one baby names will be Charmin and Scott.

Things are pretty weird. It's like I'm sixteen again. Gas is dirt cheap and I'm grounded.



Running away from your responsibilities does not count as cardio.

Community Corner

check out what's going on; post an event in which you are involved.

- **No community events.**
- **Events have been cancelled due to the social distancing that we should all be doing**
- **Stay at home**

The only exercise I have done this month... is running out of money.

Don't let this be you.

Try doing some exercise at home or get outside for a walk—remember to keep your distance; it's not a social time.

You may be out of work or have fewer hours and your income may be reduced. Hopefully adjustments can be made so your finances will remain healthy.



An exercise you can do at home.

Core exercises don't get much better than the plank. It works your whole body at once and you don't need any equipment, which makes it easy to do everywhere. Rotate plank exercises so you don't get bored. Combine some explosive movements with static ones. Start with the plank crunch, the move to a side plank crunch. Add a few plank jacks for some cardio workout. Then finish with 30 seconds of plank jump crunches.



Household Tip

Now that you have all those cleaning supplies, use a hanging shoe shelf to store them all for easy access.

How to Get Fit

- F = frequency**
- I = intensity**
- T = time**

Stop eating

- C:** carbonated beverages
- R:** refined sugars
- A:** artificial food
- P:** processed food

Share Your Achievements With Us

We look forward to hearing about your achievements when you return.